

March 2012



CHESTERFIELD COUNTY

# Senior Advocate & Disability Services Newsletter

## Aging in Chesterfield

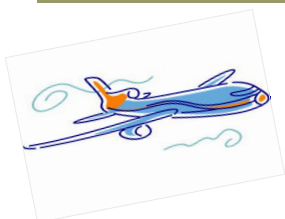
### A Dialog of Civility, Community and Compassion

Chesterfield County Libraries (CCPL) has been awarded the Building Common Ground grant award. The goals of the award are to raise awareness of issues facing the senior population and caregivers within Chesterfield County and provide opportunities in which these issues can be addressed with civility and compassion; to strengthen relationships between CCPL, county departments and local agencies serving the aging community, partnering together to offer a better quality of life for the aging community.

Upcoming programs are:

- **April 26 at 1 p.m.:** “**Seeing the Invisible: The Aging Community of Chesterfield County**” is a lecture and discussion program using a panel of experts. The panelists will discuss issues affecting the aging community within Chesterfield County and reflect on how these issues can be dealt with compassion and civility.
- **May 15 at 10:30 a.m.:** “**Understanding the Invisible: Reflecting on Aging with Civility**” will focus on civility and conflict among the characters in the book “The Giver” through a book discussion offered community wide to interested individuals.

## TSA Launches New Toll Free Number for Air Travelers



The Transportation Security Administration (TSA) has launched a new helpline number for air travelers with disabilities and medical conditions.

You can call TSA Cares toll free at 1-855-787-2227 before you travel for answers to questions about

screening policies, procedures, and what to expect at the security checkpoint. TSA recommends that passengers call 72 hours before traveling, so that when needed, TSA Cares can coordinate checkpoint support with a TSA Customer Service Manager at the airport. The website for TSA Cares is:

<http://www.tsa.gov/travelers/airtravel/disabilityandmedicalneeds/tsacares.shtm>

### Inside this issue:

Triad Senior Day	2
Tax Assistance	3
Free Hearing and Driving Assessments	3
Senior Activity Centers	4
Senior Idol Competition	5
Volunteer Opportunities	6

## Grandparent Connection

Are you a grandparent raising a grandchild? Are you an aunt, uncle or other kin to a child that you are raising? Would you like to meet others who are doing the same? You are not alone. Grandparent Connection is a support group for you. Free child care is provided on site and refreshments are served.

The meetings are the first Thursday of every month, 4:15-6 p.m. at the Juvenile and Domestic Relations Court Building, 7000 Lucy Corr Boulevard, Chesterfield. Call the office for more details.



## Chesterfield Triad Senior Day 2012

Chesterfield Triad Senior Day is an opportunity for older adults and caregivers to visit with 65 businesses and non-profit agencies to learn about opportunities and services to make your life safe, active and more enjoyable. This year's theme is "Celebrating Our Everyday Heroes".

Senior Day will be held on Wednesday, May 2, from 7:30 a.m. to 12:45 p.m. at Victory Tabernacle Church, 11700 Genito Road, Midlothian.

This event is free. Contact the office at 768-7878 with any questions.

## Upcoming Spring Dance April 27th 7-10 p.m.

The theme for this year's dance is "**Get Your Kicks on Route 66**". This semiformal dance is for Chesterfield residents age 50 and older and will be held at Thomas Dale High School, 3626 W. Hundred Road, Chester, on Friday, April 27th. Music will be provided by The Continental Combo, and the band is sponsored by The Crossings at Ironbridge.

Space is limited and pre-registration is required by calling Parks and Recreation at 751-4135, course #22887. Register early as space is limited and fills up fast! The dance is made possible by Chesterfield County Public Schools, Chesterfield Senior Advocate and Chesterfield Parks and Recreation.

## Medication Disposal

Safely dispose of unused and expired medications on Wednesday, May 2, at Triad Senior Day. Bring your prescriptions, over-the-counter and pet medicines, leave them in their original container and remove or mark out the label information. Medications will be collected inside the front door at Victory Tabernacle Church.

## Transportation Volunteers Needed

The Shepherd's Center of Chesterfield continues to receive a large number of requests for transportation to medical appointments and grocery shopping. More volunteers are needed to help fill this need.

If you can volunteer to drive one time a month or more, call the Shepherd's Center at 706-6689.

# Tax Assistance

There are many locations where older adults can get help with their taxes. Listed below are a few, but please call to verify the time and location before showing up.

**The Chesterfield-Colonial Heights Department of Social Services:** Those seeking assistance must bring W-2 and 1099 forms, Social Security cards for everyone they plan to claim, and photo identification for all adults. The assistance is not available to first-time homebuyers or individuals with military income, health savings accounts or debt cancellations. The service will be available between January 26 and March 29 on Thursdays, 4-6:30 p.m., at the Smith-Wagner Building, 9501 Lucy Corr Circle, Chesterfield. Assistance is for individuals or families who earn less than \$50,000 annually, many of whom may qualify for the Earned Income Tax Credit, or EITC. Chesterfield County is a member of MetroCASH, a regional partnership that works to educate people about EITC and to increase access to free tax-preparation services. To learn more, visit [www.metrocash.org](http://www.metrocash.org) or dial 2-1-1.

**AARP Tax Sites Near You:** Free one-on-one counseling, as well as assistance on the telephone and internet to help individuals prepare basic tax forms including the 1040, 1040A, 1040EZ and other standard schedules.

- **Chester Library**, 11800 Centre St., Chester 23831-1781

**Mondays** 10:30 a.m.-12:30 p.m.

**Wednesdays** 1 p.m.-5 p.m.

**Fridays** 12:30 p.m.-4:30 p.m.

**PLEASE DO NO CALL THE LIBRARY. APPOINTMENTS ARE NOT AVAILABLE.**

- **Harbour Pointe Clubhouse**, 13800 Harbour Pointe Rd., Midlothian 23112-1901

**Contact Telephone:** 804-639-0347

**Mondays** 12:30 p.m.-5 p.m.

**Tuesdays** 12:30 p.m.-5 p.m.

**Wednesdays** 12:30 p.m.-5 p.m.

**Thursdays** 12:30 p.m.-5 p.m.

**Fridays** 12:30 p.m.-5 p.m.

**Saturdays** 9 a.m.-12:00 p.m.

## Telephone Reassurance Program

The Telephone Reassurance Program allows volunteers to verify the well-being of isolated or disabled adults through weekly telephone calls. Such interaction has proven to be effective in reducing isolation, victimization and health concerns among older or disabled adults.

Seniors can apply to the program or be referred by family or friends. Applicants will be interviewed on the phone and need to fill out a brief form listing their emergency contacts and interests or hobbies that they have. Call the office to learn more.



## FREE Hearing and Driving Assessments

The Senior Advocate and Disability Services office, in partnership with CJW Medical Center and Hearing Clinics of Virginia, will be offering FREE hearing and driving assessments. The event will be held at Johnston-Willis Hospital on Midlothian Turnpike on March 24 from 9 a.m. - 1 p.m.

Call 768-7878 to make your appointment for the hearing or driving screenings. The driving assessments are for older adults only.

## Senior Activity Centers

Chesterfield County residents age 50 and over may attend any of the senior activity centers in the county. Some charge a fee for programs, others don't. The centers offer classes, health and wellness programs, computer/internet access, trips and tours, opportunities to socialize with others and ways to stay connected with your community. The senior activity centers are:

**Lifelong Learning Institute** - Located in Midlothian behind Sycamore Square Shopping Center. Classes are offered Monday thru Friday. Call 378-2527 or e-mail [info@llichesterfield.org](mailto:info@llichesterfield.org)

**Shepherd's Center of Chesterfield** - Adventures in Learning classes are offered on Wednesdays at Chester Baptist Church. Call 706-6689 or e-mail [Susan@shepcenter.com](mailto:Susan@shepcenter.com)

**Older Adult Programming at Bon Air Baptist Church** - Classes are offered at Bon Air Baptist Church on Wednesdays. Call 751-4135 or e-mail [JonesJ@chesterfield.gov](mailto:JonesJ@chesterfield.gov)

**Older Adult Programming at the Chesterfield Senior Center** - Classes are offered at Church of Our Savior, 4000 Stigall Drive, Monday thru Friday. Call 339-2877 or e-mail [Clayad@chesterfield.gov](mailto:Clayad@chesterfield.gov)

**Older Adult Programming at Bensley Community Center** - Classes and activities for older adults are offered Monday thru Friday. Call 275-5321 or e-mail [potterd@chesterfield.gov](mailto:potterd@chesterfield.gov)

**Older Adult Programming at Ettrick Community Center** - Classes and activities for older adults are offered during the week. Call 526-5595 or e-mail [Jonesty@chesterfield.gov](mailto:Jonesty@chesterfield.gov)

**Friendship Cafes** - Senior Connections Friendship Cafes are a gathering place for seniors 60 and older. A hot, midday meal, good friends and diverse activities such as exercise, game, crafts and health education help seniors remain connected to the community while meeting their nutritional needs. Prospective participants must complete an application form. Friendship Cafes are located at Bon Air Presbyterian Church, Rockwood Village Apartments, New Covenant Presbyterian Church and Ettrick Community Center. Call Senior Connections, the Capital Area Agency on Aging, at 343-3000 for more information.

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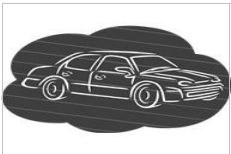
## STATEWIDE TORNADO DRILL

Registration is now open for the March 20 Statewide Tornado Drill at [www.ReadyVirginia.gov](http://www.ReadyVirginia.gov). Businesses, schools, organizations, families and individuals are encouraged to take part in this critical safety exercise. 2011 was a tough year in Virginia for tornadoes - here's a look back:

- 51 tornadoes hit, the second highest number on record (87 in 2004)
- Most tornadoes struck during April, but tornadoes also were recorded in March, May, August, September, October and November
- In April, 10 people died and more than 100 were injured
- In April, 212 homes were destroyed and more than 1,050 homes and businesses were damaged
- Nearly every part of Virginia experienced tornadoes during 2011 -- Southwest Virginia, Southside Virginia, Roanoke Valley, Shenandoah Valley, Central Virginia, Northern Virginia, Middle Peninsula and Hampton Roads.

## AARP Driver Safety On-Line Course

The AARP Driver Safety Online Course is the nation's first and largest driver refresher course. Millions of motorists around the county have taken the program since its inception in 1979. With AARP's online course, you can complete the course at your pace, whenever it is convenient for you, using state-of-the-art technology. Upon completion of the course you may qualify for an automobile insurance discount given by your insurance company.



The course is \$15.95 for AARP members and \$19.95 for non-members. The link to the web-page is:

<http://www.aarpdriversafety.org>

## Dates to Remember

**TRIAD meetings** - 3rd Thursday of each month at Police Support Services on Hicks Road, 9-10:30 a.m.

**Chesterfield Council on Aging** - 4th Thursday of each month at Lucy Corr Village, 9-10:30 a.m.

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**March 24**—Free Hearing and Driving Assessments (driving assessments for older adults only), 9 a.m.-1 p.m.

**April 27**—Senior Dance at Thomas Dale High School, 7-10 p.m.

**May 2**—Triad Senior Day at Victory Tabernacle Church, 7:30 a.m.-12:45 p.m.

## Chesterfield Senior Idol Competition



The Chesterfield Senior Idol is a friendly competition to showcase the talents of local seniors and to assist the Shepherd's Center of Chesterfield County in fulfilling their important mission of assisting seniors in need. Participants must be 55 years or older. All acts must not exceed four (4) minutes and have no more than six participants.

The top three winners will win modest cash prizes and be expected to become ambassadors of the Shepherd's Center.

Audition dates are March 13 at 1 p.m., March 18 at 2 p.m. and April 17 at 1 p.m. All auditions will take place in the Community Room at Lucy Corr Village, 6800 Lucy Corr Boulevard, Chesterfield. An application form and \$10 registration fee must be postmarked by March 12 and received at the Shepherd's Center by March 14.. Application forms can be found at the following websites:

Shepherd's Center: <http://shepctrchesterfield.org/>

Chesterfield County: <http://www.chesterfield.gov/content2.aspx?id=9290>

The final competition with the top 12 acts will take place on Friday, May 18, from 7-9:30 p.m. The competition will be held at Victory Tabernacle Church, 11700 Genito Road, Midlothian. Tickets will go on sale in April.



# Chesterfield County

## Senior Advocate

### CHESTERFIELD COUNTY SENIOR ADVOCATE & DISABILITY SERVICES OFFICE

Debbie Leidheiser, Senior Advocate  
7000 Lucy Corr Boulevard  
P.O. Box 520  
Chesterfield, VA 23832-0008  
Phone: (804) 768-7878  
Fax: (804) 748-7915  
E-mail: [leidheiserd@chesterfield.gov](mailto:leidheiserd@chesterfield.gov)

The office of the Senior Advocate, created in May 2003, serves residents in Chesterfield County aged 60 and older, their family members and caregivers by providing information and referrals, and promoting and coordinating services for:

- older adults who want to remain active and independent and be vital contributors to their communities,
- older adults who may need assistance to remain as independent as possible,
- caregivers, including those who may themselves be older and need assistance.

Our mission is to enhance the quality of life of older adults and their caregivers in Chesterfield County and to promote the ability to live active, independent lives as long as possible.

If you or someone you know is in need of any of these services, please contact the Senior Advocate's office at 804-768-7878 or email [Leidheiserd@chesterfield.gov](mailto:Leidheiserd@chesterfield.gov).

## Volunteer Opportunities

There are many volunteer opportunities through the Senior Advocate's office and with other groups in Chesterfield. Listed below are some of the volunteer positions available. Call the office if you can help.

**Grandparent Connection** - Child care provider needed to care for children during the meeting one time a month. We currently have one provider and would like to have two providers. The group meets the first Thursday of each month, 4:15-6 p.m.

**Harrowgate Readers:** Volunteers meet at Harrowgate Elementary School on a Friday morning for 1 1/2 hours to read to students and do enrichment activities. There are 3-4 adults in each classroom. We read again on March 23 and May 25 at 10:30 a.m.

**Office Volunteers:** Volunteers are needed to help in the office answering phones, making copies, putting packets together, special projects and/or simple work on the computer.

**Special Events:** Help with special events in the community that the office supports, including Triad Senior Day and Fun at the Fairgrounds.

**Telephone Reassurance Volunteers:** Volunteer once a month to call older adults for socialization. All calls are made from the office.